

SLIDING BOARD, ESPECIALLY A SKI,  
AND METHOD FOR PRODUCING THE SAME

ABSTRACT OF THE DISCLOSURE

The invention relates to a sliding board, especially a ski, comprising a treadsole, an upper surface, a lower rib and a core, and at least one element which comprises especially at least one rail-type guiding element, is connected to the body of the sliding board by means of at least one anchoring element, and is used to arrange and guide at least one binding element on the upper side of the sliding board. In order to avoid subsequently fixing guiding elements to the finished ski, the at least one anchoring element (9, 9', 9", 19) is integrated into the core (5, 5") during the expansion thereof and is held by the hardened foam material.